



# Mairéad's Rules for Dating

I will only date single, available ladies/ available men.

I will not waste my time or anyone else's time, energy or emotions.

I will not allow someone to use me for sex nor will I use someone for sex.

I will conduct myself as a man/women of high value/morals and expect nothing less from others.

I will not engage in lazy communication.

I will not obsess over someone I am not actually dating.

I will not accept lies, poor excuses or behaviour that makes me feel bad.

I will not date someone that tries to isolate me from my friends or family.

I will not accept controlling behaviour.

I will not wait for someone that is not interested in a relationship.

I will only accept kind, happy, loving, caring and respectful people into my life.

I will not try to reignite a relationship with someone that has rejected me.

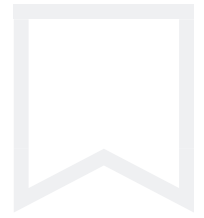
I will slow down getting to know someone and enjoy the journey.

I will not make any exceptions to these rules.

**Love HQ**



Mairéad Loughman, Matchmaker and Dating Specialist



## Dating

What is Dating ? Dating is a stage of romantic relationships in humans whereby two people meet socially with the aim of each assessing the other's suitability as a prospective partner in an intimate relationship.

It is important to understand what dating is as many people can get carried away while still only in the dating stage and end up getting quite hurt.

The rules for dating are... there are no rules or directions and every individual and couple are completely unique. The main thing is to enjoy dating and to take it at your own pace.

### Friends and Dating -

In the most case, people are happy when they hear that you are dating someone new however, this is not always the case.

- Do not over share.
- Only tell 1 or 2 good friends.
- Do not over analyse dating with your friends.

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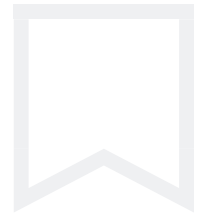
## Gratitude

A large, empty rectangular box with a light gray border and decorative corner ornaments, intended for writing a gratitude note.

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## **My Past Relationships**

We love how we have experienced love. It is important to look at relationships that we have experienced throughout our life... our parents, our siblings, our friendships and of course our ex partners. Who were you when you were in these relationships?

What elements of these relationships do you like?

What elements of these relationships do you dislike?

### **3 Attachment Styles**

-Secure

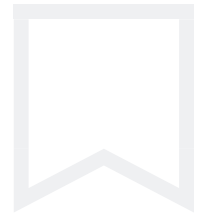
-Anxious

-Avoidant

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## **My Relationship**

How I feel in my relationship...

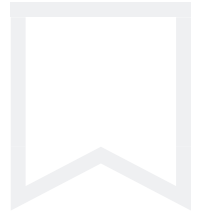
It is very important you decide how you want to feel in your relationship as this will ensure that you start as you wish to proceed. This is particularly important if you have never had a relationship before or if you have had a unhappy relationship in the past. Set your personal boundaries and live by them!

How often should you be meeting, texting calling?

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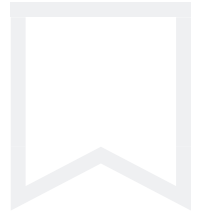


## Being Your Best Self & Date Ready!

### Confidence

### What to Wear

### Mindset



## **Being Your Best Self & Date Ready!**

### **Masculine & Feminine Energy**

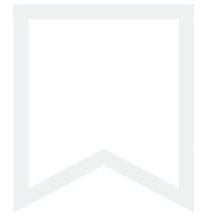
### **Complimenting your Date**

### **Being grateful**

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## **How do you find love?**

The probability of you finding love in any given day is 1 in 562!

How much of an effort are you really making to try and find love? How many new people do you meet each week? How often should you be going on dates?

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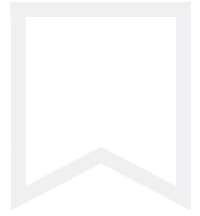
## Dating Characteristics

The following characteristics are the what everyone looks for in a partner regardless of gender, age or sexual orientation.

Therefore, as important as these characteristics they are to you, I advise that you ensure that you give examples of these characteristics to a potential suitor.

### Kindness

### Happy



## Six Dating Characteristics

**Healthy**

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**Looks After their Appearance**

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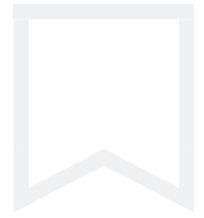
**Good Values**

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## Dating Progress

How many new people you have been speaking with, where you met them, have you arranged to meet up? Any issues or challenges that you would like to discuss? Mairead- [findlove@lovehq.ie](mailto:findlove@lovehq.ie)

### Notes

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